

DINNERLY



Low-Cal Broccolini and Fennel Salad with Quinoa and Craisin Vinaigrette



25 minutes



2 Servings

In the mood for some low-cal superfood? This wholesome salad teams nourishing quinoa with roasted broccolini, fresh fennel and sweet Craisins, then tops things off with a moreish parmesan crisp.

WHAT WE SEND

- 125g quinoa
- 30g Craisins
- 1 bunch broccolini
- 50g parmesan ⁷
- 1 baby fennel bulb
- 50g mixed salad leaves

WHAT YOU NEED

- 1 tbs olive oil
- 1 tbs white wine vinegar ¹⁷
- 1 tsp honey
- olive oil spray (optional)

TOOLS

- sieve
- small saucepan with lid
- 2 oven trays
- baking paper
- fine grater
- mandoline (optional)

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 515kcal, Fat 18.6g, Carbs 63.0g, Proteins 20.4g



1. Cook quinoa

Preheat the oven to 220C. Line 2 oven trays with baking paper. Put the **quinoa** in a sieve, then rinse well and drain. Put the quinoa in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



2. Make vinaigrette

Meanwhile, put the **Craisins, 1 tbs olive oil, 1 tbs white wine vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine.



3. Bake parmesan crisp

Trim the **broccolini** and put on a lined tray, spray or brush with **olive oil** and season with **salt and pepper**. Bake for 10 mins or until golden and tender. Finely grate the **parmesan** evenly over the remaining lined tray (see Make it yours), then bake for 5-7 mins until melted and golden. Set aside to cool on the tray.



4. Toss salad

Meanwhile, thinly slice the **fennel** with a mandoline or sharp knife. Add the fennel, **quinoa** and **salad leaves** to the **vinaigrette** and toss to coat. Taste, then season with **salt and pepper**.



5. Serve up

Break the **parmesan crisp** into large pieces. Divide the **quinoa salad** and **broccolini** among bowls and top with the **parmesan crisps**. Enjoy!



6. Make it yours

Grating the **parmesan** directly onto the tray makes it easier to get a wafer-thin layer. If you prefer, skip this step and simply shave the **parmesan** with a vegetable peeler and scatter over the salad before serving.